

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

April 2017

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Emily Dahlman

Website

[www.lexingtonky.gov/
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Lexington Senior Center

195 Life Lane
Lexington, Ky. 40502
(859) 278-6072

Hours of Operation

Monday, Wednesday, Friday
8 a.m. – 5 p.m.
Tuesday and Thursday
8 a.m. – 7 p.m.

April is Volunteer Appreciation Month



The Lexington Senior Center and all that it has to offer – information and assistance, health promotion, education, recreation, transportation, socialization to help combat isolation, counseling, outreach and dining with friends – relies heavily on its **VOLUNTEERS.**

No man is an island and no senior center can survive without the unselfish commitment and invaluable contributions of the most precious thing in life...YOUR TIME. To all who volunteer in whatever capacity, the Lexington Senior Center staff and participants extend to you a resounding THANK YOU!

P.S. Since we are on the subject of extending, please note our new summer operating hours starting in April. The Lexington Senior Center will extend its hours on Tuesdays and Thursdays from 8 a.m. to 7 p.m. and continue our regular operating hours M/W/F from 8 a.m. to 5 p.m.



Keep Moving - Sean



Step into Spring

Save the date: May 18

We'll be having a spring dance!
More details to come next month



Lexington Senior Center activities are open to all independent Fayette County residents age 60 and over. New participants are always welcome! Simply stop by the reception desk to complete a registration form. A participant's handbook is available to you with more detailed information regarding the center activities and policies.

ACTIVITIES AND INFORMATION

Carolyn's Corner Book Club

The Book Club is currently reading and will meet to discuss *Leaving Time* by Jodi Picoult on April 6 and 20 at 10 a.m. in the conference room on the second floor. The book club meets on the first and third Thursdays of each month and is open to all. The May reading, now being announced early, will be *The Aviator's Wife* by Melanie Benjamin and will be discussed on May 4 and 18.



For much of her life, Anne Morrow, the shy daughter of the U.S. ambassador to Mexico, has stood in the shadows of those around her, including her millionaire father and vibrant older sister, who often steals the spotlight. Then Anne, a college senior with hidden literary aspirations, travels to Mexico City to spend Christmas with her family. There she meets Colonel Charles Lindbergh, fresh off his celebrated 1927 solo flight across the Atlantic. Enthralled by Charles's assurance and fame, Anne is certain the celebrated aviator has scarcely noticed her. But she is wrong.

Charles sees in Anne a kindred spirit, a fellow adventurer, and her world will be changed forever. The two marry in a headline-making wedding. Hounded by adoring crowds and hunted by an insatiable press, Charles shields himself and his new bride from prying eyes, leaving Anne to feel her life falling back into the shadows. In the years that follow, despite her own major achievements—she becomes the first licensed female glider pilot in the United States—Anne is viewed merely as the aviator's wife. The fairy-tale life she once longed for will bring heartbreak and hardships, ultimately pushing her to reconcile her need for love and her desire for independence, and to embrace, at last, life's infinite possibilities for change and happiness.

Drawing on the rich history of the twentieth century—from the late twenties to the mid-sixties—and featuring cameos from such notable characters as Joseph Kennedy and Amelia Earhart, *The Aviator's Wife* is a vividly imagined novel of a complicated marriage—revealing both its dizzying highs and its devastating lows. With stunning power and grace, Melanie Benjamin provides new insight into what made this remarkable relationship endure.

NOW YOU KNOW

Have you taken the appropriate steps to ensure your retirement and legacy plan are in order? Join us to discuss common challenges faced by retirees, as well as gather helpful tips to successfully navigate the golden years. The session will include tailored topics focused on solutions to common challenges ranging from prudently distributing income, ensuring protection from common dangers not typically discussed in estate planning, to protecting assets and maintaining your legacy.

Presenters:

Brandon J. Gaines, CFP®, Wealth Management Advisor with Northwestern Mutual Wealth Management Company

Sara Johnston, Elder Law Attorney of the DelCotto Law Group PLLC

Elizabeth Chatterton, Financial Advisor with Northwestern Mutual Wealth Management Company

Wednesday, April 19
10 a.m.
Classroom B

Brain Power Class

Instructor: Elise Mendel

Wednesday
April 5, 12, 19 and 26
10 – 11 a.m.

Word and number games, tips and tricks to engage your mind
Sudoku, card games, and more!



AARP Driver Refresher Course

Date:
Monday, April 3

Time:
Noon – 4:30 p.m.

Cost:
\$15 for members
\$20 for non-members

Sign-up at the
Lexington
Senior Center
front desk

ACTIVITIES AND INFORMATION

OLLI at UK - Donovan Forum Series Thursdays, 2 – 3 p.m.

Free and open to the public, no need to RSVP.

4/6 – Shaker Village of Pleasant Hill – Lessons for Today's World – Billy Rankin

Although no Shaker has lived at Pleasant Hill since 1923, the legacy of these progressive, ingenious people still resonates in the Commonwealth today. This presentation will review the history of the Shakers, and specifically that of Pleasant Hill. Drawing upon history, we will explore lessons for today's world that can be derived from the Shaker experience in Kentucky.

4/13 – Archaeology – Gwynn Henderson

4/20 – It's a Wonderful Life: Your Brain With and Without Exercise – Nathan Johnson

The presentation will focus on the relationship between physical activity, cardiorespiratory fitness and brain health in late adulthood.

4/27 – Building a Community College Campus

– K. Bruce Florence, Sandy Power & Lori Gaunce
This presentation will focus on how three women managed to create a college campus, where none had existed before, how they built a building and built a program.

5/4 - Classic Gems Concert – Lee Patrick (alto saxophone) and Loren Tice (piano)

Join us for a wonderful afternoon of music as Lee Patrick and Loren Tice present a great variety of classical music. They will introduce each piece in a light-hearted way that places it in its historical context.

Nutrition site

Spring greetings!

It is below freezing outside as I type this morning, but the warmth of the new season is on the horizon.

Spring represents a fresh start, a new beginning. It affords us the opportunity to focus on our intentions. Intentions create an opening for you to rearrange your life. In order for those intentions to be integrated, the old ones have to be dis-ordered which can create chaos or crisis. I have long been intrigued by the Chinese symbol for crisis. The symbol for crisis is actually made up of two separate symbols, one meaning danger and the other meaning opportunity. I really like this representation because it reminds us that when we are challenged by a crisis in our lives, we have a choice to either become overwhelmed and succumb to fear, OR we can embrace the opportunity that lies before us to change, learn and grow. Nothing is left to chance. I challenge you this month to focus on your intentions. Strong intentions enable you to forge a new path, open a new space for you to fill with what you want to create or accomplish. Don't be overcome with fear or anxiety of the change, rather embrace the opportunity to create love, beauty and abundance in your life. Blessings!

~ Emily Dahlman

Instant Artist

Take home a unique masterpiece by the end of the class.

**Thursday
May 11
12:30 – 4:30 p.m.**

See Martha or Jode to sign-up, starting April 3.

Cost: \$7
Payments can be made by check or money order; no cash accepted.

LexTran Bus Friday, April 14 11 a.m.

Lextran and the Lexington Senior Center are partnering to provide an informative ride on a city bus to teach participants how to navigate the public transportation system. Two groups of participants will be picked up at the center and dropped off for lunch at two different Kentucky Fried Chicken restaurants. Participants will then board a bus to head back to the center. If you are interested in attending this exciting outing, please sign up at the front desk. Space is limited and participants will pay for their own lunch at KFC.

Movie matinee

Please join us for popcorn and a movie
Tuesday, April 25
12:30 p.m.



ACTIVITIES

Descriptions of new activities that require sign-ups. These classes will run in set sessions. Please check the newsletter and for dates and times. Class size is limited and fill up quickly.

These classes all require signing up at the front desk. You may sign up in person or by calling.

Pottery I

Instructor: Corey Shultz

Sign-ups start Monday, May 8

Monday, May 15 – June 19
9 – 11:15 a.m.

Fridays, May 19 – June 23
Noon – 2:15 p.m.

Come and learn how to make pottery using clay and a pottery wheel. You will learn how to “throw,” form and glaze your very own piece of pottery.

Pottery II

Instructor: Corey Shultz

Sign-ups start Monday, May 8

Mondays, May 15 – June 19
Noon – 2:15 p.m.

Tuesdays, May 16 – June 20
9 – 11:15 a.m.

Friday, May 19 – June 23
9 – 11:15 a.m.

This is a continuation of beginning pottery. Come advance your skills and learn new ones. Students must have taken beginning pottery to sign up for this class.

Charcoal Drawing

Instructor: Corey Shultz

Sign-ups start Monday, May 1

Wednesdays
May 17 – June 21
Noon – 2 p.m.

Learn how to make your very own charcoal drawings. Students will be taught the basics of drawing objects and people.

Beginning Hand Building

Instructor: Corey Shultz

Sign-ups start Monday, May 8

Thursdays, May 18 – June 22
Noon – 2 p.m.

Learn several techniques of making pottery by coil building and pinching. Students will hand paint their clay projects and fire them in a kiln.

Advanced Hand Building

Instructor: Corey Shultz

Sign-ups start Monday, May 8

Tuesdays, May 16 – June 20
Noon – 2 p.m.

Learn advanced techniques in clay sculpture. Figure sculpting and large scale slab work included. You must have completed Beginning Hand Building to attend this class.

Sew Much Fun I

Instructor: Chris Cull

Sign-ups start Monday, May 1

Thursdays, May 18 – June 22
9 – 11 a.m.

Learn or renew your basic sewing skills. Students will be sewing a fun beginner project as well as learn basic sewing machine skills.

Sew Much Fun II

Instructor: Chris Cull

Sign-ups start Monday, May 1

Thursdays, May 18 – June 22
11:30 a.m. – 1:30 p.m.

This is a continuation of Sew Much Fun I and students will continue to build on their skills.

Water Color Painting

Instructor: Corey Shultz

Sign-ups start Monday, May 1

Wednesdays, May 17 – June 21
9:30 – 11:30 a.m.

Come and experiment with the watercolor painting process. You will learn watercolor techniques and will be given hands on demonstrations. Students can expect to walk away with 1 to 2 finished paintings.

Basic Piece Quilting Class

Instructor: Sheril Drummond

Sign-ups start Monday, May 1

Mondays, May 15 – June 19
10 a.m. – noon

During this class students will learn beginning quilting and complete their own small “Log Cabin” quilt using the sewing machine.

Mosaic Plaque

Instructor: Corey Shultz

Sign-ups start Monday, May 1

Wednesdays, May 17–June 21
2:30 – 4 p.m.

Students will create a 12X12 colorful mosaic plaque of their own design to take home.

Small Group Training

Instructor: Anne Graff and Anne Merchant

Sign-ups start Monday, May 1

Tuesdays, May 9 – 30
1:30 – 2:30 p.m.
2:30 – 3:30 p.m.
3:30 – 4:30 p.m.

During this 4-week session, participants will work in small groups to receive a personal workout plan that includes free weights, kettle bells, stability balls, fitness center machines and more.

Beginning Keyboard

Instructor: David

Sign-ups start Monday, April 3

Fridays, April 14–June 2
11:45 – 12:45 p.m.
1 – 2 p.m.

If you wanted to play the piano but never did, or stopped playing as a child because you hated to practice, or you want to awaken new brain cells and learn a fun musical talent: This is your chance! Come and learn basic piano skills and have fun doing it.

Conversational Spanish

Instructor: Lindsey Mattingly

Sign-ups start Monday, April 3

Tuesdays, May 2 – June 6
1 – 2:30 p.m.

Class will focus on communicating in Spanish with verb conjugation, sentence formation and translation techniques.

ACTIVITIES BY ROOM

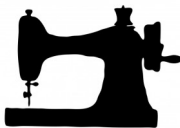
Art Studio A Class Schedule

Pottery I, Pottery II and Hand Building require pre-registration


<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9 – 11:15 a.m. Pottery I Noon – 2:15 p.m. Pottery II 2:30 – 4:15 p.m. Open Pottery Studio	9 – 11:15 a.m. Pottery II Noon – 2 p.m. Hand Building 2:30 – 4:15 p.m. Open Pottery Studio 5 – 6:45 p.m. Clay Sculpture	Noon – 4 p.m. Ceramics Painting	9 - 11:15 a.m. Pottery I Noon – 2 p.m. Hand Building 5 – 6:45 p.m. Clay Sculpture Class	9 – 11:15 a.m. Pottery II Noon – 2:15 p.m. Pottery I 2:30 – 4:15 p.m. Open Pottery Studio

Art Studio B Class Schedule

Quilting, Sewing, Water Color and Charcoal require pre-registration

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
10 a.m. – Noon Basic Piece Quilting Class 1 – 3 p.m. Sew Much Fun I	9 – 10:30 a.m. Needlework 11:30 a.m. – 3:30 p.m. China Painting	9:30 – 11:30 a.m. Water Color Painting Noon – 2 p.m. Charcoal Drawing 2:30 – 4 p.m. Mosaic Plaque	9:30 – 11:30 a.m. Sew Much Fun II 	12:30 – 4:30 p.m. Open Art Studio

Card Area Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 a.m. Adult Coloring 11:30 a.m. Bid Euchre 12:30 p.m. Standard American Bridge	9 a.m. Chess Instruction 10 a.m. Checker & Chess 1 p.m. Hand & Foot	9 a.m. Intermediate Bridge 10 a.m. Duplicate Bridge 2 & 4 Wed. of the Month ONLY Noon Adult Coloring	11:30 a.m. Bid Euchre	1 p.m. Hand & Foot 

ACTIVITIES BY ROOM

Group Fitness Studio Schedule

Classes marked with an asterisk (*) require a class ticket. Pick one up at the front desk after you check in at the MySeniorCenter computer.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 a.m. Move IT Wendy	8:30 a.m. FLOW (yoga) Jenny	8:30 a.m. Move IT - Muscle Wendy	9:30 a.m. Let's Dance Rebecca	8:30 a.m. Move IT Wendy
9:30 a.m. * Get up & Go Wendy	9:30 a.m. Lotsa Line Dances Mimi	9:30 a.m. * Get up & Go Cathy	11:30 a.m. Simply Yoga Kelly	9:30 a.m. * Get up & Go Wendy
10:30 a.m. * Active Aging Wendy	10:30 a.m. TAI CHI Chuan Tom	10:30 a.m. * Active Aging Cathy	12:30 p.m. CH.oga (chair yoga) Kelly	10:30 a.m. * Active Aging Wendy
11:30 a.m. * Get up & Go Carey	11:30 a.m. Move IT Carey	11:30 a.m. * Zumba Gold Cathy	1:30 p.m. Mindful Moments Wendy	1:30 p.m. * Zumba Gold Cathy
12:30 p.m. Tai Chi for Better Balance Victoria	12:30 p.m. * Get Up & Go Bob	2:30 p.m. Tai Chi for Arthritis Victoria	2:30 p.m. Reflections Yoga Victoria	
1:30 p.m. * Zumba Gold Jode	1:30 p.m. * Active Aging Bob		4 p.m. Get Up & Go Bob	
2:30 p.m. Let's Dance Tess	2:30 p.m. Reflections Yoga Victoria		5 p.m. Move IT Wendy	
	5 p.m. * Zumba Gold Jode		6 p.m. TAI CHI Chun Tom	
	6 p.m. FLOW (yoga) Wendy			

Brains, Balance and Beyond

Tuesday: 3 – 4 p.m.

Friday: 1 – 2 p.m.

This class will include movement focusing on balance skills as well as 30 minutes of seated brain work via audio visual slides and hand-eye-brain coordination. Attendees must be able to walk without assistance to attend this class. Class attendance is limited to one time per week.

Clay Sculpture Class

Tuesdays and Thursdays

5 – 6:45 p.m.

Drop in and join us as we create one-of-a-kind clay projects! We will use various construction methods and paint with bright glazes! No registration or experience required.

Scribbles

Friday, April 21

9 a.m. – noon

Instructor: Sheril Drummond
Learn how to decorate your own canvas tote bag! Check out a sample tote in the display cabinets by the art rooms.

ACTIVITIES BY ROOM

Multipurpose Room & Dining Room Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8 – 10 a.m. Indoor Walking (cancelled 4/24) 1:30 – 3:30 p.m. Table Tennis	10 – 11 a.m. Bingo 3 – 5 p.m. Indoor Walking	8 – 10 a.m. Indoor Walking 1:30 – 3:30 p.m. Table Tennis	10 – 11 a.m. Bingo 3 – 5 p.m. Indoor Walking	8 – 10 a.m. Indoor Walking 1:30 – 3:30 p.m. Table Tennis

Classroom B Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8 a.m. – noon AARP Tax Preparation (By appointment/ ends April 10)	8 a.m. – noon AARP Tax Preparation (By appointment/ ends April 11) 10 a.m. Foster Grandparents Program	10:30 a.m. Now You Know 3rd Wed. each month 12:30 p.m. AARP Luncheon 4th Wed. each month	11 a.m. History Class 2 p.m. OLLI Forum	10 a.m. Senior Technology Seminar (ends April 7)

NEW ACTIVITY DESCRIPTIONS - No Registration required

FLOW (yoga)

This yoga class will be taught in a flowing format. Postures will move from one to another and may include moving from the floor to a standing position several times during the class. Modifications will be shown and encouraged. The class will end with relaxation.

Tai Chi Chuan

This class combines balance and strength enhancing exercise with comprehensive self defense moves. This is a gentle approach to the original Tai Chi. This class is a standing format.

Mindful Moments

This 30 minute guided relaxation class will start and end with seated gentle stretches. Soft music and a guided meditation will focus on relaxing and healing the body, mind, and spirit.

Cell phones must be in the OFF/MUTE position for this class.

Station 2 Station

A circuit class in the Fitness Center. Attendees will rotate through 10 stations that include both cardio and strength. 90 seconds of work, followed by 30 seconds of rest and reset time. Participants must have completed the fitness center orientation PRIOR to attending the class. **Thursdays, 3 p.m.**

Move IT – Muscle

This class will focus on strength training with the use of bands, hand weights, balls, body weight and the barre. Participants may be on the floor for some exercises.

Reflections Yoga

Strength and flexibility will be developed through yoga postures that may include those on the floor. There will be short breaks to allow for rest and refocus. Class is taught through segments of work rather than a flow. Class will end with relaxation.

RESOURCES

Commodity Supplemental Food Program

Am I eligible?

You are eligible if you are age 60 or over, live in Fayette County and your household meets the following income guidelines:

<u>Household Size</u>	<u>Monthly Income (before deductions)</u>
1	\$1,287
2	\$1,736
3	\$2,184
4	\$2,633



How do I apply?

See Jennifer Garland at the Lexington Senior Center or call 278-6072.

You will need to provide proof of age, address and income for each member of your household.

What foods will I receive?

Juice, cereal, cheese, peanut butter or beans, pasta, canned meat, canned fruits and vegetables and evaporated milk.

When can I pick up my food?

After you apply, you will receive a letter telling you whether you have been approved. Food will be distributed on the fourth Wednesday of each month at the Lexington Senior Center. If the program becomes full, your name will be placed on a waiting list and you will start receiving food as soon as possible.

*** We are accepting applications, but are currently on a waiting list***

Need assistance with your electronic device?

Call the Lexington Senior Center to set up a one-on-one appointment with one of our Social Work students. April is the last month they will be here until the fall, so don't hesitate! They will be happy to assist you with your laptop, tablet or smart phone.

278-6072

Attention Hearing Aid Users:

If you use a hearing aid and need new batteries, the Lexington Senior Center has received a donation of hearing aid batteries. Please ask to speak to a social worker and we will see if we have any batteries that are the correct size for your hearing aids.



**Keep plastic bags out of the landfill!
Donate bags to the Lexington Senior Center instead!**

We use bags for bread and commodities. Just drop them off at the front desk. Thank you!



FOSTER GRANDPARENTS PROGRAM

Life Experiences Necessary – When you share your love, time, and experience, you have the power to help a child who needs you. If you're 55 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparent. By serving at one of many local Head Start Centers or faith-based groups you help children learn to read, provide one-on-one tutoring, and guide children at a critical time in their development.

Join us to learn more!

**Tuesday, April 18 – 10 a.m.
Classroom B**

The State Health Insurance Program (SHIP)

SHIP will be at the Lexington Senior Center the second and fourth Wednesday of the month from 10 a.m. – noon. to counsel you on health insurance coverage, benefits and consumer rights. No appointment necessary.

Support Group

We would like to start a support group in late May to provide support, companionship, tips and tricks on aging. If you are interested in attending this monthly group, please contact Amanda Patrick at 278-6072 with a day and time that would work best for you. Look for more information in the May newsletter.

RESOURCES

Please join us for the next
i know expo®
Sunday, April 2
Noon – 4:30 p.m.
Bluegrass Ballroom
Lexington Center

Admission & parking is FREE.
No registration required.

Green Lawn Care Workshop

Friday, April 14
10 – 11:30 a.m.
Lexington Senior Center
Classroom B
Sign-ups starting April 3

Join us to learn about ways to grow and maintain a beautiful, healthy lawn, without harming the environment! Learn about environmentally friendly fertilizers, and ways to manage weeds and pests. The workshop is free and open to the public. This is a program of the City of Lexington, managed by Bluegrass Greensource.

5/3 Financial Empowerment Bus

Learn about common types of fraud and financial scams. Get tips on how to recognize scams and how to avoid involvement. Request a free credit report and review it with a professional. Or seek a personalized evaluation of finances and discuss upcoming needs at this free financial empowerment event.

Tuesday, April 25
10:30 a.m. – 2:30 p.m.



Sanders-Brown
Center on Aging



9th Annual Mind Matters Health Fair

April 26, 2017

10:00AM — 2:00PM

Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY 40504

EXPLORE interactive exhibit booths,
free health and memory screenings,
and presentations on **HEALTHY AGING!**



Catered vegetarian lunch will be provided
by Chef Ouita Michel

This is a FREE event and you do not need to register!

For more information, contact the
Sanders-Brown Center on Aging at 859-323-5550



Join us for the 34th annual Challenges & Opportunities of Aging Conference

Friday, May 19

at the Northeast Christian Church.

Registration fee is \$10 and includes lunch.

Visit www.challengesofaging.com or call
257-5582 for more

information and to register.

Registration forms will also be available at the
Lexington Senior Center front desk as well.

Travel Information

Day Trips for 2017

Keeneland

Thursday, April 27

Cost: \$15 per person

Includes van transportation, admission, reserved grandstand seating and race day program.

Schedule

11:30 a.m. – Depart LSC

Noon – Arrive Keeneland

1 p.m. – First Race

4:30 p.m. – Depart Keeneland

5 p.m. – Arrive LSC

The Lexington Legends vs. Greensboro Grasshoppers

Wednesday, May 10

Cost: \$15 per person

Includes van transportation, ticket and parking

Schedule

11:30 a.m. – Depart LSC

4 p.m. – Depart Whitaker Bank Park

4:30 p.m. – Return to LSC

Woodford Theatre

Matinee Performance

“A Tribute to Duke Ellington”

Sunday, May 21

Cost: \$25 per person

Includes van transportation and admission

Schedule

1 p.m. – Depart LSC

1:30 p.m. – arrive at Woodford Theater

2 p.m. – Matinee Performance begins

4:30 p.m. – Performance Ends

5:15 p.m. – Arrive at LSC

*All times are approximate and subject to change

Extended Trips for 2017

Alaskan Cruise and Land Tour

June 6 – 18, 2017 – On waiting list

Pricing starts at \$5,100 per person, double occupancy and \$7,700 single occupancy.

Includes flight, seven night cruise and five night accommodations including lodging and tour of Denali National Park. Other tours, activities and entertainment opportunities are included.

Detailed information and sign-ups will begin at the travel meeting on April 7.

Fall Foliage Trip

October 17 – 21

Travel to northeast West Virginia to Canaan Valley Mountain resort for two nights with dinner theater and train excursion. Visit Frank Lloyd Wright’s Fallingwater on the way to Pittsburgh for two nights and river cruise.

Holiday Trip to Nashville & Opryland

December 4 – 6

Progressive luncheon and tours at Belle Meade Plantation and Belmont Mansion, Peanuts Ice exhibition, Christmas dinner show, river luncheon cruise, Christmas show and other Nashville highlight

Mackinack Island & Upper Michigan – 2018

Travel Meeting

Have you ever wondered what our senior travel program is all about? Here’s your chance to gather lots of information about our day and extended Trips. We will answer all of your questions about our travel program as well as collect suggestions from your “bucket list” of travel ideas.

**Friday, April 7, 12:30 p.m.
Classroom B**

GENERAL TRIP INFORMATION

Signups for day trips are ongoing on a first-come, first-served basis until full so don’t delay. Register now at the LSC. **We are only able to accept checks or money orders, no cash accepted. Please make checks payable to LSC Travel.** Payment must be made at the time of signup to guarantee your slot. Spaces will not be held without payment. **Itinerary times are approximate and subject to change as needed.**

For more information, contact

Martha Duncan at 278-6072 or mduncan@lexingtonky.gov

Jode Rose at 278-6072 or srose@lexingtonky.gov

Satellite Centers News

The Senior Center at Charles Young Center

540 E. Third Street

Hours: 9 a.m. – 1 p.m.

Mondays, Wednesdays and Fridays

Phone: 246-0281

Tai Chi: Wednesdays, 12:30 – 1:15 p.m.

Fridays, 12:15 – 1 p.m.

Bodies in Balance: Mondays, Wednesdays and Fridays, 9:30 – 10:30 a.m.

Pickleball: Fridays, 11 a.m. – noon.

Line Dancing: Wednesdays, 11:15 a.m. – noon

Jewelry Making Classes – all materials provided: **Wednesday 12:15 – 2:30 p.m.**

Phase 10 and Spoons – stop in anytime

Technology Help: Do you need help learning your laptop, tablet or smart phone? Can't seem to be able to find resources and information? Or you just want to know how to navigate social media? If so call, the Charles Young Center to schedule an appointment. Volunteers are available on a one-on-one base. **Mondays from 10:30 a.m. – noon.**

Contact Katherine to register.

*** Closed April 3 – 7***

Elder Crafters at Black and Williams Center 498 Georgetown Street (859) 252-1288

This program operates Monday–Thursday from 9:30 a.m. – 2 p.m.

This center offers occasional exercise classes, ceramics, card playing, socialization, special events and projects that benefit citizens in need in our community.

Please call for a full list of activities and a calendar of events!

Bell House

Parks & Recreation activities

545 Sayre Ave.

233-0986

Monday Club – 11:30 a.m. (lunch) | Noon (program)

Non-member reservations required for all provided luncheons.

4/3 – Hands-on exercise program offered by DG Gridley

4/10 – Musical entertainment by Mr. Harley Cannon.

4/17 – Age friendly Lexington talk by Kristy Stambaugh

April Birthdays will be celebrated

4/24 – No Meeting

Art Class – Tuesday – 9 a.m.

Piano Lessons – Tuesday, 8:30 a.m. – 1:30 p.m.

Wednesday, 12:30 – 2 p.m.

Thursday, 8:30 a.m. – 12:30 p.m.

Troubadours Choral Group – Tuesday, 10 – 11 a.m.

(Currently recruiting singers to join the choral group. No experience needed.)

Chair Yoga – Tuesday & Thursday, 2 p.m.

Aging with Grace Exercise Class – Wednesday & Friday, 9 – 10 a.m.

Adult Coloring Class – 10 a.m. – 1 p.m., Wednesday

Beaus & Belles Hand Bell Group – 10 am, Thursday (Currently recruiting bell ringers to join the group. No experience needed.)

Ceramics – Thursday, 10 a.m. and 1 p.m.

Bridge – Friday, noon

AARP Driver Safety: Wednesday, May 10

11:30 a.m. – 4 p.m.

Off-site senior activities

Advanced Line Dance: Friday, 9 a.m. (Carver Center)

Intermediate Line Dance: Friday, 10:30 a.m. (Carver Center)

Strider's Walking Club: Wednesday, 9:30 – 11:30 a.m.

(Fayette Mall Food Court) Walk when and where you choose, just keep track of miles or time to be recorded at group get-together on April 12. Incentives available also.

Water Fitness:

Beaumont YMCA:

Tuesday and Thursday

9 – 10 a.m.

North YMCA:

Wednesday and Friday

1 – 2 p.m.



Aging Services
Lexington Senior Center
200 E. Main St
Lexington KY 40507

Return Service Requested

Mission Statement

The Lexington Senior Center is a community focal point on aging, where older adults come together for services and activities that enhance their dignity, support their independence and encourage their involvement in the community.

Diabetic Support Group

Second Monday of
each month
9 a.m.
Conference Room

Friday Friends

Fridays
2:30 p.m.
Conference Room

Sign-in Computer

Please note, when signing in to the MySeniorCenter computer, if a class box is gray and a check mark doesn't appear when you touch it, that means the class is full. You cannot attend a class that is already full. We apologize for any inconvenience.

Fitness Center Schedule

Mondays, Wednesdays
& Fridays
8 a.m. – 4 p.m.
Tuesdays & Thursdays
8 a.m. – 1 p.m.
5 – 7 p.m.

*Hours are subject to
change as needed.*
You must complete an
orientation to use the
fitness equipment.

NARFE BOOKSALE

May 2 : 8 a.m. – 5 p.m.
May 3: 8 a.m. – 3 p.m.

Lexington Senior Center
Classroom B
Please come out, buy
books, and support a good
cause!

Proceeds go to
Sheppard's Hands and
Camp Nelson Honor
Guard

This information is made possible by state and/or federal funding provided by the
Department for Aging and Independent Living.